

SCARLET PRE- AND POST CARE

Pre-Treatment Instructions

- Avoid the following prior to the Scarlet Procedure
 - NSAIDS or blood thinners for 1 week
 - Chemical peels for 4 weeks
 - LED or laser treatments for 4 weeks
 - Ablative lasers such as Halo Pro for 12 weeks
 - Retin A or retinols for 4 weeks
 - Sun or sunless tanner for 2 weeks
- Understand the following contraindications to Scarlet
 - Current active herpes outbreak in the treatment area
 - Poor wound healing capabilities or easy keloid formation
 - Any patients with a pacemaker, defibrillator, or any implanted electrical device
 - Active cancer
 - Pregnancy or breastfeeding
 - Weakened immune systems or any active, uncontrolled autoimmune disease
 - Poorly controlled endocrine diseases such as diabetes
 - Blood coagulation disorders
- Suggested Pre Care includes
 - Preparing the skin with facials and skin care products
 - Skin that is well conditioned and strong will recover quickly and allow for the maximum benefits.

Post-Treatment Instructions

- Immediately after treatment, redness, dryness, bruising and/or swelling can occur. Use of a cold compress or ice pack help provide comfort. Apply ice packs 3-5 times a day for 3-5 minutes for 3-5 days.
- Itching, redness, tenderness and/or numbness may be experienced during the healing phase and is completely normal. Oral Benadryl or other anti-histamines may help itching (Benadryl may cause drowsiness). DO NOT scratch or rub the treated area as complications can occur.
- Do not apply any products to your face for at least 6 hours post treatment.
- Do not wash your face the night of treatment. Then you may use a gentle cleanser the next day.
- You may return to your regular skin routine the morning after your treatment.
- Keep skin hydrated with Cicalfate or Aquaphor twice a day.
- Avoid Retin A, glycolic or salicylic acids or hydroquinone for the next week.
- Avoid direct sunlight and alcohol for 1 week.
- Use SPF over 30 for at least the next week.
- Avoid places that may create infection such as gyms, hospitals, day cares and dirty water (lakes, rivers, swimming pools, etc) for 3 days.
- Do not sleep with your pets or have them lick/touch the treated area for 48 hours.
- Do not apply makeup for 24 hours post treatment. Ensure brushes are clean prior to use.
- Make a follow up appointment with RMD for 2 weeks but call if any concerns in the meantime.
- Plan for your next treatment in 4-6 weeks. 5 treatments are recommended to start, spaced monthly then 4 treatments a year for maintenance